

# WALKING Stay at Home Challenge

New Mexico Senior Olympics, Inc.



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

## WALKING Monthly Challenge Instructions

Walking Challenge is four months, August – November

Log your time spent walking, then submit a total for the month – log sheet provided, or just record on a piece of paper.

First Month Walk 125 minutes per week (500 min per month)

Second Month Walk 150 minutes per week (600 min per month)

Third Month Walk 175 minutes per week (700 min per month)

Fourth Month Walk 200 minutes per week (800 min per month)

## HOW to get Started and Report RESULTS

- ❖ Sign up and agree to the Liability Waiver at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
- ❖ Results must include name, sport, gender, age, county, month, times and/or scores
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember have fun, be safe, stay hydrated, and wear proper attire!**

